

TOPIC 8: FOOD AND DIABETES- GROCERY STORE TOUR (FOLLOW UP TO TOPIC 7)**STATEMENT OF THE PROBLEM**

Part of successfully managing diabetes through diet changes is learning how to read food labels to help plan, shop, and prepare healthful meals.

KEY MESSAGES

- Reading labels can help you identify healthier food options.

BACKGROUND

Review Content from Topic 7: Nutrition Basics

STEPS TOWARD HEALTHIER EATING

Set aside some time each week to plan the meals you'll make for the coming week. Consider what items you need to buy from the store and add them to your shopping list.

Create a simple system to track the foods you have and the foods you need to buy. Start by taking time to list the staple foods, or foods you always like to have on hand. Make copies of this list and use it to create your weekly shopping list. Group the foods on the list to match the layout of your favorite grocery store to save yourself some time. Keep your food tracking list (i.e. weekly shopping list) somewhere in your kitchen and add items to it throughout the week.

Healthy eating doesn't have to take more time as long as you have healthy foods on hand. Stock up on ingredients for a few recipes that you enjoy and that can be made quickly.

Buy and keep mostly healthy foods in your house. Eating healthy foods is good for the entire family. If you only have healthy foods/snacks available, that's what you'll grab when you are hungry.

SHOPPING TIPS

Set aside a day and time that you usually go to the grocery store. Try to limit shopping to once or twice a week as the more you go into a store, the more you are tempted.

Make a shopping list and shop when the store isn't crowded. This will allow you to shop quickly.

Don't shop if you are hungry.

The healthiest, freshest foods are the outer aisles/sides of the store-fresh fruits and vegetables, dairy products, meats, poultry, fish and cheeses.

Avoid “special diabetic diet foods”. These tend to have the same calories, carbohydrates and fat but tend to cost quite a bit more than regular brands.

PATIENT OUTCOMES/GOALS

By the end of the educational session, the client with diabetes will be able to:

- Complete a visit to their local grocery market with the Community Health Worker.
- Read food labels and identify healthier food choices when comparing two or more different brands.

CHW ACTIONS	PARTICIPANT ACTIONS
<ul style="list-style-type: none"> • Affirm what the participant is already doing regarding planning shopping trips and reading food labels to make healthier choices. • Identify any “shop around” or community kitchen resources that are available to the participant. • Help the participant identify any changes in shopping and/or label reading that could lead to healthier food choices. 	<ul style="list-style-type: none"> • Identify a behavior change relative to shopping or label reading that could lead to healthier food choices. • Participate in a “shop around” or community kitchen opportunity if available and interested.

AIDES

- Food labels that are familiar to the client

HANDOUTS

1. **Topic 8 Coversheet**.....[English](#) | [Spanish](#)
2. **How to Read a Food Label**.....[English](#) | [Spanish](#)
Source: [Learning About Diabetes, Inc.](#) 2006
3. **Tips to Follow at the Grocery Store**[English](#) | [Spanish](#)
Source: [American Diabetes Association](#)
4. **Healthful Shopping List**[English](#) | [Spanish](#)
Source: [Food and Health Communications, Inc.](#) 2005

5. Quick Label Reading Tips.....[English](#) | [Spanish](#)Source: [Public Health – Seattle & King County](#)**6. Action Plan.....**[English](#) | [Spanish](#)Source: [Public Health – Seattle & King County](#)

Version	Date	description	Staff	final
V.1.	12/23/2011	Original	KA/ JK	Yes
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